

How to Safely Wear and Take Off a Simple Mask

Wear Your Mask Correctly

- **Wash your hands before** putting on your mask
- Put it over your nose **and** mouth and **secure it over your chin**
- Try to fit it snugly against the sides of your face
- **Keep it in place when speaking with others**
- **Wash your hands** once it is in place

Take Off Your Mask Correctly

- **Wash your hands** before removing your mask
- Handle only by the ear loops or ties
- The outside of the mask is considered contaminated, do not touch it
- If wet, soiled, or ripped, dispose of in a trash can
- If keeping for another wear, set the mask down with the outside face down on a paper towel
 - Carefully dispose of the paper towel when re-applying the mask
- **Wash your hands**

